

READY, SET, WORK!

14th Annual Women's
Job Seminar

FIRESIDE CHAT: "Re-Envisioning Yourself"

WELCOME!

BREATHE

THANK YOU,
VETERANS!

wellness
MOMENT



Flower

s . t . r . e . t . c . h

Belly



GRATITUDE

WHAT does it mean
to REINVENT yourself?
Challenges & Successes?



MARATHON!

Be UNAPOLOGETICALLY
YOU.

• DIVINE PURPOSE — LEAN on others

• PRAYER

• DEVISE a Plan

• FIND a mentor

• ACCEPT FAILURE as part of process

• @

AFFIRMATIONS

I am strong,
capable &
WORTHY.

I am
ALIVE!

KEEP PUSHING
FORWARD

THIS is HER YEAR...
... She is a RISK
worth TAKING
& she won't look
BACK.



How are you
MAINTAINING
Wellness?

WOMEN
wear so
many
HATS!

I am a WORK
in progress.



2-3 moments
to BREATHE
& set INTENTION



MOVE!

SELF-reflect
on RELATIONSHIPS

Be VULNERABLE
LET GO FAVORITE
& LEAST FAVORITE
part



HOW do I decide
what to do NOW?
Retirement?

• Find PASSIONS

• Volunteer

--- Look at root of FEAR

Re-discover, Re-love,
Re-invent YOU!



TAKE RISKS

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ManpowerGroup®



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She believed she
could, so she DID!

- Maya
Angelou

Moderator: Nafessa Burdine

Panelists: Karissa Gretebeck
Dessa Johnson
Laneice McGee

